



# JENAE PIERRE INGRAM

## MENTAL HEALTH COACH

Jenae Pierre Ingram is a coach, wife, devout Christian, and sports Social Worker raised in the DMV and now resides in Georgia. She received her bachelor's degree from Winston Salem State University and her master's from Georgia State University. She began her work in the Social Work field over 10 years ago and continues to navigate and create a path of her own. As the owner of Living Intentionally to Transform LLC, she works with athletes and teams providing mental health services and trains sports coaches on how to identify, understand and navigate their athlete's mental health. As a full time, employee, entrepreneur, and sports coach she understands the demands of life and the balance required to show up as your best self each day. When she is not busy with the various facets of her career, Jenae loves spending time in the outdoors and hanging with friends and family.

Jenae will focus on serving student-athletes in the following areas:

### **Specialties:**

- Mental health workshops for athletes and faith-based counseling

## P.A.S.S.

Preparing Athletes to Succeed and Soar

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